

Hot Mexican Dip

*"Fruits of the Spirit" (2001) - Melanie Edwards
Grapevine United Methodist Church - Port St. Lucie, FL*

- 1 stick butter
- 1 large onion
- 2 small cans green chilies
- 1 can (32 ounce) tomatoes
- 1 teaspoon chili powder
- salt (to taste)
- pepper (to taste)
- 3 containers (8 ounce ea) cream cheese

In a large saucepan, melt the butter. Add the onions. Cook until transparent.

Drain the chilies and tomatoes. Add to the onion mixture. Add the chili powder, salt and pepper. Simmer.

Cut the cheese into chunks. Add to the mixture until completely melted.

Per Serving (excluding unknown items): 3318 Calories; 336g Fat (89.2% calories from fat); 56g Protein; 35g Carbohydrate; 4g Dietary Fiber; 1012mg Cholesterol; 3033mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 3 Vegetable; 63 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|--------|----------------------------|--------|
| Calories (kcal): | 3318 | Vitamin B6 (mg): | .6mg |
| % Calories from Fat: | 89.2% | Vitamin B12 (mcg): | 3.1mcg |
| % Calories from Carbohydrates: | 4.1% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 6.6% | Riboflavin B2 (mg): | 1.5mg |
| Total Fat (g): | 336g | Folacin (mcg): | 137mcg |
| Saturated Fat (g): | 210g | Niacin (mg): | 2mg |
| Monounsaturated Fat (g): | 95g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 13g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 1012mg | % Refuse: | n n% |
| Carbohydrate (g): | 35g | Food Exchanges | |
| Dietary Fiber (g): | 4g | Grain (Starch): | 0 |
| Protein (g): | 56g | Lean Meat: | 7 1/2 |
| Sodium (mg): | 3033mg | Vegetable: | 3 |
| Potassium (mg): | 1354mg | Fruit: | 0 |

Calcium (mg): 618mg
Iron (mg): 10mg
Zinc (mg): 4mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 15039IU
Vitamin A (r.e.): 4015RE

Non-Fat Milk: 0
Fat: 63
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3318 **Calories from Fat:** 2960

% Daily Values*

| | | |
|----------------------------|--------|-------|
| Total Fat | 336g | 516% |
| Saturated Fat | 210g | 1051% |
| Cholesterol | 1012mg | 337% |
| Sodium | 3033mg | 126% |
| Total Carbohydrates | 35g | 12% |
| Dietary Fiber | 4g | 17% |
| Protein | 56g | |
| Vitamin A | | 301% |
| Vitamin C | | 54% |
| Calcium | | 62% |
| Iron | | 54% |

* Percent Daily Values are based on a 2000 calorie diet.